

## Household Commodity Fact Sheet

**RICE, WHITE, ENRICHED, LONG GRAIN**

Date: April 2009

Code: B518, B528

**PRODUCT DESCRIPTION**

- Long grain white rice is U.S. No. 2 or better. It has added iron, thiamin, niacin, riboflavin, and folic acid, and may also have added vitamin D and calcium.

**PACK/YIELD**

- Long grain rice is packed in a 2-pound package, which is about 14 servings (½ cup each) of cooked rice.
- B518: 2-pound packages
- B528: 2-pound packages

**STORAGE**

- Store unopened packages of rice in a cool, clean, dry place.
- After opening, keep package tightly closed.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

**PREPARATION/COOKING**

- Bring 2 cups water to a boil in a medium pot.
- Add 1 cup long grain rice. Bring to boil again.
- Reduce the heat to low, cover, and cook 15 minutes or until water is absorbed.
- Fluff with a fork before serving.
- 1 cup of dry rice will make about 3 cups cooked rice.

**USES AND TIPS**

- Rice is a great side dish for meat, poultry, fish, and vegetables.
- Long grain rice is best used in recipes for soups, casseroles, stews, and pilaf.
- Rice can be used in dessert recipes, such as puddings or breads.

**NUTRITION INFORMATION**

- ½ cup of cooked long grain rice counts as 1 ounce in the MyPyramid.gov Grains Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.

**OTHER RESOURCES**

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)

**NUTRITION FACTS**

Serving size: ½ cup (79g) enriched long grain white rice, cooked

**Amount Per Serving**

<b>Calories</b>	100	<b>Calories from Fat</b>	0
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**% Daily Value\***

<b>Total Fat</b> 0g	<b>0%</b>
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Saturated Fat 0g	<b>0%</b>
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Trans Fat 0g	
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<b>Cholesterol</b> 0mg	<b>0%</b>
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<b>Sodium</b> 0mg	<b>0%</b>
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<b>Total Carbohydrate</b> 22g	<b>9%</b>
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Dietary Fiber 0.5g	<b>1%</b>
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Sugars 0g	
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<b>Protein</b> 2g	
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Vitamin A	0%	Vitamin C	0%
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Calcium	0%	Iron	6%
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\*Percent Daily Values are based on a 2,000 calorie diet.

## RICE WITH CHEESE AND VEGETABLES

**MAKES ABOUT 8 SERVINGS**

### Ingredients

- 2 cups long grain white rice, uncooked
- 1 tablespoon vegetable oil
- 1 large onion, chopped
- 1 medium green pepper, chopped
- 1 teaspoon garlic powder
- ¼ teaspoon black pepper
- 1 tablespoon vinegar
- 1 chicken bouillon cube
- 1 can (about 15 ounces) green beans, drained

- 1 can (about 15 ounces) carrots, drained
- ¼ pound reduced-fat cheddar cheese, shredded

### Directions

1. Cook rice according to package directions.
2. In a large skillet over medium heat, cook onion and green pepper in the oil until soft. Stir in garlic powder and black pepper.
3. Stir vinegar, chicken bouillon, green beans, and carrots into onion and pepper mixture. Cook until warm.
4. Spoon rice into vegetable mixture, mix well, and top with cheese.

Nutritional Information for 1 serving (about 1 cup) of Rice with Cheese and Vegetables					
Calories	260	Cholesterol	10 mg	Sugar	2 g
Calories from Fat	40	Sodium	370 mg	Protein	7 g
Total Fat	5 g	Total Carbohydrate	44 g	Vitamin A	227 RAE
Saturated Fat	2 g	Dietary Fiber	2 g	Vitamin C	16 mg
				Calcium	157 mg
				Iron	3 mg

*Recipe adapted from Commodity Supplemental Food Program Cookbook, [csfpcentral.org](http://csfpcentral.org).*

## CHICKEN RICE SOUP

**MAKES ABOUT 8 SERVINGS**

### Ingredients

- 5 celery stalks, chopped
- 1 medium onion, chopped
- 1 ½ cups carrots, peeled and chopped
- 1 chicken bouillon cube
- 1 teaspoon black pepper
- 4 cups water
- 1 cup long grain white rice, uncooked
- 1 can (about 12 ounces) chicken, drained
- 1 can (about 15 ounces) green beans, drained

1. In a large pot over medium-high heat, combine the celery, onion, carrots, bouillon, black pepper, and water. Bring to a boil, reduce heat to medium, and cook 30 minutes.
2. In a separate pot, cook rice according to package directions.
3. Stir cooked rice, chicken, and green beans into soup pot, and cook 5 minutes.

### Directions

Nutritional Information for 1 serving (about 1 cup) of Chicken Rice Soup					
Calories	180	Cholesterol	20 mg	Sugar	3 g
Calories from Fat	30	Sodium	390 mg	Protein	11 g
Total Fat	3 g	Total Carbohydrate	26 g	Vitamin A	215 RAE
Saturated Fat	1 g	Dietary Fiber	3 g	Vitamin C	17 mg
				Calcium	40 mg
				Iron	2 mg

*Recipe adapted from Commodity Supplemental Food Program Cookbook, [csfpcentral.org](http://csfpcentral.org).*